

2020 UOTTAWA WINTER NATIONAL

TENTATIVE – MEET SCHEDULE



***WE WILL RUN ON A ROLLING SCHEDULE AND WILL PROCEED UP TO 20MIN AHEAD IF POSSIBLE**

***ALL EVENTS WILL BE RUN WOMEN FOLLOWED BY MEN (UNLESS NOTED OTHERWISE)**

***ALL EVENTS WILL BE TIMED FINALS (UNLESS NOTED OTHERWISE)**

***SECTIONS WILL BE RUN FASTEST SEEDS TO SLOWEST**

FRIDAY - JANUARY 17th

Athletes can arrive by 6:00pm. Please conduct warm-ups on the TRACK ONLY.

7:30PM 800M - Women (2) / Men (3)

7:50PM 300M - Women (2) / Men (1)

SATURDAY - JANUARY 18th

10:00 AM - Athletes / Teams can arrive - however, DO NOT access the Soccer Fields UNTIL 11:00AM

11:00 AM - Athletes can move gear on to inner turf fields. Please conduct warm-ups on the grass fields. Spikes can be worn on turf. Shot Put and Weight Throw will be conducted on the turf fields at the far end of the dome.

TRACK EVENTS (HEATS)

WE WILL RUN UP TO 30MIN AHEAD OF SCHEDULE WHENEVER POSSIBLE.

11:30 AM 1000m - Section Finals - Women (2) / Men (3)

11:50 AM 60m Hurdles Qualifying - Women (2) / Men (1)

top 12 advance to 2 sec. finals

12:05 PM 60m Qualifying - Women (8) / Men (10)

top 12 advance to 2 sec. finals

12:45 PM 600m - Section Finals - Women (3) / Men (4)

1:05 PM 60m Hurdles - Finals - Women (2) / Men (1)

1:20 PM 60m - Finals - Women (2) / Men (2)

1:30 PM 3000m - Women (1) / 3000m - Men (1)

2:00 PM 300m - Section Finals - Women (11) / Men (16)

** First 4 Heats in each Gender will have the option of starting blocks ** NO RUN-OUTS allowed

2:45 PM 1500m - Section Finals - Women (1) / Men (2)

3:00 PM 4 x 200m Relays - Women (3) / Men (3)

3:30 PM 4 x 400m Relays - Women (1) / Men (1)

FIELD EVENTS (ENTRIES):

11:30 AM Shot Put - Women (4) / Men (6)

Combined

High Jump - Women (3) / Men (5)

Combined (Opening Height)

12:30 PM Pole Vault - Women (3) / Men (9)

Combined (Opening Height)

12:45 PM Long Jump - Men (14)

Triple Jump - Women (6)

Weight Throw - Women (4) / Men (6)

Combined

2:45PM Long Jump - Women (6)

Triple Jump - Men (4)